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## **QUARTERLY TAPE**

*Recuperative Sleep*

The *TimeOut* sleep CD, just released by Interstate Industries, Inc., enables a listener to program a variety of sleep patterns based upon Hemi-Sync® sound research at The Monroe Institute. Various sleep patterns can be achieved by programming the sequence and repetition of tracks. This quarter's member tape illustrates just one of the many possible sleep programs available on this CD.

*Recuperative Sleep* guides you into a deep, stage-four sleep and then returns you to stage-two sleep (a receptive theta state), where a series of health-regenerating affirmations are provided. The program alternates between deep sleep and the affirmation sequence, then "guides you gently into wakefulness—feeling refreshed and full of new vitality." It is NOT designed to be used in the autoreverse mode.

The *TimeOut* CD represents state-of-the-art digital sound technology and, for the first time, places you in control of your own Hemi-Sync audio-guidance program.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

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